

Assisted Living

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 9- Catholic Service (TR) 9:30- Daily News Update 10- Move & Stretch (GYM) 11- Protestant Service (TR) 1:30- Football Fiesta & Food (BIS) 2:15 - Games Galore! (BIS) 3- Creative Pursuits w/ Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Miracle Worker & Popcorn 6:20 - Broncos vs. Commanders!		Please note CHAL plans our activities to align with Teepa Snow’s philosophy of “filling the day with meaning”. We believe both our staff and residents benefit from engaging in the four categories of meaningful activities to help them feel healthy, happy, purposeful and valued. * All activities are subject to change based on the needs/ wants of our residents.	Red = Productivity & Purpose Purple = Leisure & Fun Green = Self– Care (Mind/ Body/Spirit) to include Art, Movement, Music & Animal Assisted Therapy Blue = Rest & Restoration Orange = Cognitive (BIS)	HAPPY BIRTHDAY! Joyce L.—November 6th Mary Frances H.—Nov. 17th Casmira L.—Nov. 17th Simone P.—Nov. 21st		1 Dia De Los Muertos 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11-Remembering Our Loved Ones (BIS) 1- Halloween Piano Recital w/Anne Breeden (BIS) 2:15- Socializing w/Students 3- Happy Hour Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Miracle Club
2 Daylight Savings 9- Catholic Service (TR) 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11 - Broncos vs. Texans! (BIS) 1:30- Football Fiesta & Food (BIS) 2:15 - Rebus Puzzles (BIS) 3- Creative Pursuits w/ Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Fried Green Tomatoes & Popcorn	3 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me (BIS) 11- Week at a Glance (BIS) 1:30- Joyride: Roxborough State Park 2- Edible Crafts w/Kari: Snow Cones & Shaved Ice (BIS) 3- News Currents w/Rorie! (Upstairs Short Hall) 5:30- Daily Wrap Up (BIS) 6- Movie: Are You There God? It’s Me Margaret 6:15- Cardinals vs. Cowboys	4 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Discussion: Holiday Traditions 1:30- Resident Recognition Revelry w/Rorie: Lois Teegarden (BIS) 2:30- Frisbee Golf (BIS) 3 - Spiked Hot Cocoa & Gratitude Chains (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Best Exotic Marigold Hotel	5 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Trivia w/Tony (BIS) 11:15- Lunch Outing: Black Eyed Pea (*requires sign up) 1:30- Giant Jenga (BIS) 2 - Loteria Fiesta Bingo! 3- Happy Hour Trivia (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	6 Joyce L.’s Birthday! 9:30- Daily News Update (BIS) 10- Yoga (GYM) 11- Discussion: (BIS) 1:30- Look Whoo’s Thankful Craft w/Mindy & Mary Ann (BIS) 2:15- Axe Throwing (BIS) 3- Happy Hour: John Crabtree (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Book Club 6:15 - Raiders vs. Broncos!	7 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Word Games (BIS) 11:30 - ROMEO Lunch Club 1:30- Armchair Travel: Wonders of South Australia (TR) 2:15- Indoor Bowling (BIS) 3- Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The Boy Who Harnessed the Wind & Popcorn	8 9:30-Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Ways to Give Back (BIS) 1:30-Acts of Service Saturday Blanket Making for Children’s Hospital 2:15- Saturday Comedy Club: Mr. Ed (TR) 3- Happy Hour Bingo! (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Poms

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9 9—Catholic Service (TR) 9:30 - Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11—Rebus Puzzles (BIS) 1:30—Football Fiesta & Food (BIS) 2:15—Games Galore! (BIS) 3—Creative Pursuits w/Tony (BIS) 5:30 - Daily Wrap Up (BIS) 6 - Movie: Hampstead & Popcorn	10 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11—Week at a Glance (BIS) 11—Mountain Man! (BIS) 1:30- Joy Ride: Chatfield State Park 2—Edible Crafts w/Kari: Pumpkin Pie Pudding (BIS) 3—News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6— Movie: Father of the Bride 6:15 - Eagles vs. Packers	11 Veterans Day & Podiatrist 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Discussion: Veterans Day (BIS) 1:30—Honoring Our Veterans w/Rorie (TR) 2:15 - Gratitude Trees (BIS) 3- October Birthdays’ & Veterans Day Celebration w/Janet Joe on piano! (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Quartet	12 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11:15 - Lunch Outing: Big Bill’s Pizza (*requires sign up) 1:30 - The Power of Animal Assisted Therapy w/Dr. Z (TR) 2 - Loteria Fiesta Bingo! (BIS) 3—Mix, Mingle & Music w/Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	13 9:30 - Daily News Update (BIS) 10—Yoga (GYM) 11- Word Games (BIS) 1:30 - Chef Chat w/Gershwin! (BIS) 2:15 - Grab & Go (BIS) 3- Happy Hour: Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Becoming Jane 6:15 - Jets vs. Patriots	14 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Mad Libs (BIS) 11:30- Romeo Lunch Club 1:30- Around the World with Amanda: Berlin (TR) 2:15—Frisbee Golf (BIS) 3—Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The God Father (1972) & Popcorn	15 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Gratitude Board (BIS) 1:30 - Acts of Service Saturday: Nourish Meals on Wheels (BIS) 2:15—Saturday Comedy Club Dennis the Menace (TR) 3—Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6— Movie: Singin’ In the Rain
16 9—Catholic Service (TR) 9:30—Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Protestant Service (TR) 11—Rebus Puzzles (BIS) 1:30—Football Fiesta & Food (BIS) 2:25- Broncos vs. Chiefs! 3—Games Galore! (BIS) 5:30- Daily Wrap Up (BIS) 6— Movie: West Side Story & Popcorn	17 Mary Frances & Casmira’s Birthday! 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11—Week at a Glance (BIS) 1:30- Joy Ride: Cherry Creek State Park 2—Edible Crafts w/Kari: Cotton Candy (BIS) 3—News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6- Movie: My Cousin Vinny 8—Cowboys vs. Raiders	18 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Discussion: Travel (BIS) 11:30—Juliet Club Lunch (DR) 1:30—Story Telling with Chris Wells! (TR) 2:45—Resident Recognition Revelry w/Rorie & Happy Hour: Jim O’Rear (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: The African Queen	19 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11:15 - Lunch Outing: Bone Fish Grill (*requires sign up) 1:30 - Giant Checkers (BIS) 2 - Loteria Fiesta Bingo! (BIS) 3- Mix, Mingle & Music w/Barbara Dawson (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	20 Simone’s Birthday! 9:30—Daily News Update (BIS) 10—Yoga (GYM) 11- Word Games (BIS) 1:30—Teaching Kitchen w/Gershwin (BIS) 2:15 - Mistletoe Moisturizer w/Mindy & Mary Ann (BIS) 3- Happy Hour: Rick Iracki (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Marty (1955) 6:15 - Bills vs. Texans	21 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Hangman (BIS) 11:30- Romeo Lunch Club 1:30- Travel to Iceland & France with Martha (our yoga instructor) (TR) 3 - Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Mrs. Doubtfire & Popcorn	22 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30—Acts of Service Saturday - Dog Biscuits for Hope for Paws 2:15—Saturday Comedy Club: Green Acres (TR) 3—Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: The Singing Nun (1966)
23 9- Catholic Service (TR) 9:30—Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Protestant Service (TR) 11—Rebus Puzzles (BIS) 1:30—Football Fiesta & Food 2:15 - Games Galore! (BIS) 3 - Creative Pursuits w/Tony! (BIS) 5:30- Daily Wrap Up (BIS) 6— Movie: The Secret Life of Walter Mitty (2013)& Popcorn	24 9:30- Daily News Update (BIS) 10- Exercise w/Empower Me 11—Week at a Glance (BIS) 11:30- Arapahoe Library 1:30 - Joy Ride: Red Rocks 2 - Edible Crafts w/Kari: Malt Milkshakes (BIS) 3—News Currents w/Rorie! 5:30- Daily Wrap Up (BIS) 6 - Movie: Yes Man 6:15 - Panthers vs. 49ers	25 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Word Games (BIS) 11:30—Juliet Club Lunch 1:30 - Chalk Pastel Turkey Craft & Pinecone Place Holders (BIS) 3—New Resident Meet & Greet (BIS) 5:30—Daily Wrap Up (BIS) 6— Movie: Mrs. Harris Goes to Paris	26 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11—Trivia w/Tony (BIS) 11:15 - Lunch Outing: Olive Garden (*requires sign up) 1:30 - Frisbee Golf (BIS) 2 - Loteria Fiesta Bingo! (BIS) 3- Happy Hour with Ryden Fredericks (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: Resident Movie Pick & Popcorn	27 Thanksgiving! 9 - Thanksgiving Day Parade 10—Move & Stretch (GYM) 11- Word Games (BIS) 11 - Packers vs. Lions! 1:30—A Charlie Brown Thanksgiving (BIS) 2:30 - Chiefs vs. Cowboys! 5:30- Daily Wrap Up (BIS) 6- Movie: Julie & Julia 6:20—Bengals vs. Ravens	28 9:30- Daily News Update (BIS) 10- Yoga (GYM) 11—Wheel of Fortune (BIS) 11:30- Romeo Lunch Club 1:30—Grab & Go (BIS) 2:15 - Indoor Snowball Fight! (BIS) 3 - Sip & Paint w/Tony (BIS) 5:30- Daily Wrap Up (BIS) 6- Movie: MASH & Popcorn	29 9:30- Daily News Update (BIS) 10- Move & Stretch (GYM) 11- Gratitude Board (BIS) 1:30—Acts of Service Saturday - Snack Packs for Kids 2:15—Saturday Comedy Club: The Honeymooners (TR) 3—Happy Hour Bingo! (BIS) 5:30—Daily Wrap Up (BIS) 6- Movie: Kramer vs. Kramer